

ARE YOU HAVING A BABY?



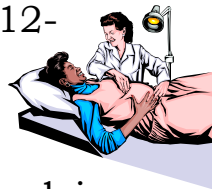
Are you in
prenatal care?

FIND OUT HOW
WE CAN HELP!

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Child and Adolescent Health Program

What is
Prenatal Care?

Prenatal care is the health care
you receive before your baby is
born. It consists of 12-
15 visits to your
doctor. It includes
examinations,
laboratory tests and advice
about your pregnancy.



It is important to see a doctor as
soon as you suspect you may be
pregnant!

Why get
Prenatal Care?

Women who start prenatal care
early in their pregnancies:

- ✓ Have fewer problems with the
pregnancy.
- ✓ Deliver healthier
babies.
- ✓ Get your own health care plan
that includes advice about
exercise, diet and the things
you can do for a healthy baby
and a comfortable pregnancy.



How Do I get
Prenatal Care?

The **Health Referral Line** can
help you get no cost or low cost
prenatal care with doctors in
your area. Regardless of your
immigration status, you can still
apply!

Call to ask about:



- ✓ **Doctors** in your area.
- ✓ How you can apply for **PE**
(**P**resumptive **E**ligibility)
and **MEDI-CAL**. If
you qualify, PE
and MEDI-CAL will
help you pay for prenatal care
and delivery.
- ✓ How you can apply for **AIM**
(**A**ccess for **I**nfants and **M**others).
If you qualify, AIM will help
you pay for your prenatal care
and delivery. It will also help
pay for immunizations and
check-ups for your baby.



Health Referral Line

Monday-Friday 8am to 5pm:

1-800-564-8448

For the hearing impaired call:

1-800-801-7100